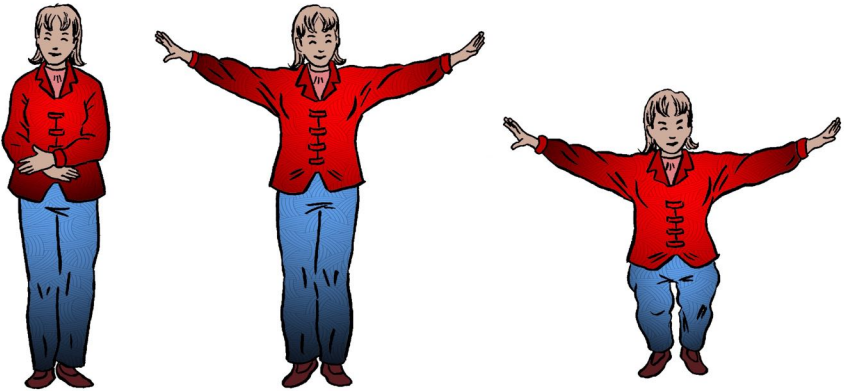


14 - Standing and Squatting with Arms Level

This move serves to improve the health of the legs (particularly the knees) and balance. The prevalence of habitual squatting in Asia (when casually hanging out as well as when using squat toilets) has long been of great benefit to the knees and mobility of its populace. The saying "old age starts with the legs," highlights the importance of maintaining the health of the waist and the lower limbs, which serve as the roots of the body.

Transitioning from movement 13

- a. Lower your hands to both sides, continuing until your hands and wrists cross in front of your lower abdomen. Your palms should face your lower belly with your right hand in front of your left. (M 14.1)



M 14.1

- b. Your hands should be half a hand's width out from your lower belly.
- c. As your hands reach your navel, draw your left foot to your right.

Beginning

- a. Lift your arms out to the sides of your body until your hands are shoulder-height. Your arms and hands should form a curved line.
- b. As your arms reach the height of your shoulders, lift your heels.

- c. Pause in this position for a moment.

Lowering

- a. Gently and gradually squat down with both legs. Maintain your arm position.
- b. Keep your heels lifted and your knees together.
- c. Pause here for a moment.

Finishing

- a. Gradually rise up, returning your heels to the ground as you stand.
- b. Repeat the cycle as many times as desired.

“It is said: The waist and legs get old before the person does; to forestall early aging, train the waist and legs. When the waist and legs are strong and healthy, the body is good. This posture excels at strengthening the waist and legs.”

Master Jiao Guorui (Translated by Ariel Ma'ayan)

Additional information to enhance practice:

This posture uses the following qi guiding patterns:

1. Draw qi into the middle dantian
2. Direct qi from the middle dantian to the hearts of your feet.

Develop feeling of qi streaming from the middle dantian, down your legs, sinking to the bottom of your feet (rooting qi).

Let your qi move within your body softly yet strongly.

